



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street
Croton-on-Hudson, NY 10520
271-3006



www.crotononhudson-ny.gov/recreation-parks

WINTER 2022 / ADULT PROGRAM

POUND FITNESS

Join instructor Suzi for POUND Fitness! A 45-minute group fitness class that is all the rage at NYC gyms and featured in many publications. Combine cardio, strength training & Pilates with drumming for a full body workout. Using lightly weighted Ripstix, Pound is a fun way to burn calories and bang out your stress. Unleash your inner rock star and get fit while you do it! Bring a yoga mat & water bottle

POUND FITNESS – A FUN WORKOUT!

Act# 2043 Sec 3

Dates: Thursdays, beginning January 20 for **8 sessions**

Time: 6:30 - 7:15 PM

Location: Municipal Building, Community Room

Fee: \$80.00 Village Residents
\$95.00 School Dis/Non-Residents

Registration Deadline: January 13

Instructor: Suzi Myers Tipa



Online Registration: www.crotononhudson-ny.gov/recreation-parks

WINTER 2022 * POUND FITNESS * Act # 2043 Sec 3

Amount: \$80 Village Resident / \$95 School District / Non-Resident
(Checks Payable "Village of Croton")

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognizes that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____



Date: _____